



Recipe by Shannon Bennett

# Roast Chicken and grain salad

## Ingredients

1 cup (200g) quinoa (we used tri-colour quinoa)  
¼ cup (60ml) extra virgin olive oil  
4 chicken marylands (or 4 chicken drumsticks and 4 thighs)  
4 sprigs lemon thyme, leaves picked  
2 tbs honey  
Finely grated zest and juice of 2 lemons  
1/3 cup (55g) raisins  
¼ cup (35g) each sunflower seeds, chopped brazil nuts, pepitas, slivered almonds, toasted  
½ bunch each flat-leaf parsley and coriander leaves

## Method

1. Preheat oven to 220°C.
2. Bring a pan of water to the boil. Add the quinoa and cook on medium heat for 10-15 minutes until tender. Drain and set aside.
3. Meanwhile place 2 tbs oil in an ovenproof frypan or casserole. Season the chicken and place skin side down over medium heat. Cook for 5-6 minutes until golden. Turn, top with thyme and drizzle over half the honey and lemon juice. Roast in the oven for 20 minutes or until cooked through.
4. To make the dressing combine the remaining honey, olive oil and lemon juice, plus any pan juices and season.
5. Combine quinoa with the raisins, seeds, nuts and season. Toss through the herbs and dressing. Serve with chicken.

## Nutrition

• 48G PROTEIN • 10G SAT FAT • 56G CARB • 24G SUGARS • 142MG SODIUM • 840 CAL (3520KJ)



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